



I'm Losing Sleep Over You...

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Introduction

- Media Usage, Anxiety, and Sleep Quality.
- Previous research has indicated that more media usage has resulted in poorer sleep quality.
- More media research results in higher anxiety levels.
- Higher anxiety levels results in poorer sleep quality.

Methods

- 20 Males, 86 Females.
- Age ($M=37.41$, Age range= 18-72).
- Media Usage (44 items) (Rosen et al., 2013)
 - Smart Phone Usage
 - General Facebook Usage
 - Internet Searching
 - Emailing
 - Media Sharing
 - Text Messaging
 - Video Gaming
 - Online Friendship
 - Facebook Friendship
 - Phone Calling
 - Television Viewing

- Sleep Quality (21 items) (Buysee et al., 1989)
 - Pittsburgh Sleep Quality Index
- Anxiety (10 items) (*Anxiety Self-Rating Scale*. (n.d.)
 - Self-Ranking Scale

Results

- Older participants used less media.
- No gender difference between males and females in regards to sleep quality, anxiety levels, and media in the bedroom.
- No relationship between the number of media devices in the bedroom and sleep quality.
- No relationship between media usage and sleep quality.
- Participants who scored higher in the subscales of internet searching, general social media usage, smart phones, text messaging, and online friendships had higher anxiety levels. Refer to Table 1.
- As anxiety levels increase, sleep quality decreased.
- 57.8% of participants predicted that their anxiety impacted their sleep quality more than their media usage. This prediction was supported by this study.

Table 1

Media Usage and Anxiety

	Anxiety
Media Usage	
Email	-.06
Phone Call	.03
TV Viewing	.18
Internet Searching	.37**
Media Sharing	.56
General Social Media	.35**
Smart Phones	.30*
Texting	.23*
Videogaming	.17
Facebook Friendship	.09
Online Friendship	.30*

Numbers are correlations.

* $p<.05$, ** $p<.01$.

Discussion

- Future research should compare age groups.
- Current study captured a broad age range, which truly reflects the population.
- Different media has different effects. Previous studies have shown that different media types can help individuals sleep.
- Future research should examine media before bedtime.